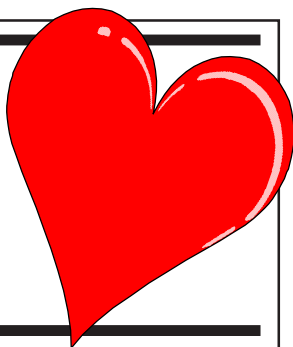


# GIFTS FOR THE HEART



Have you been good to your heart? It works hard to keep you going. Now it's time to return the favor.

**Get to a healthy weight.**

**Keep blood pressure and cholesterol down.**

**Quit smoking.**

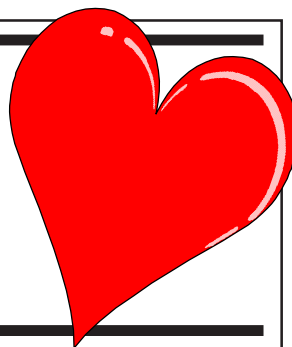
**Take a walk.**

**Find out if you have diabetes. Keep blood sugars down if you do.**



For More Information: [www.cdhd.org](http://www.cdhd.org)

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## **Maintain a Healthy Weight**

If you are overweight, losing and keeping off 10 pounds can lower blood pressure and cholesterol. It also improves blood sugar levels in people with diabetes.

## **Control Blood Pressure & Cholesterol Levels**

Understand when and how to take heart medications. Ask your doctor for a referral to a Registered Dietitian for a personalized eating plan.

## **Quit Smoking.**

Smoking increases your risk of heart attack or stroke by 2 - 6 times that of non-smokers. The heart risk of ex-smokers is half that of smokers by 1 year, and is the same as non-smokers 5-15 years after quitting. Smoking increases heart rate, raises blood pressure, makes the blood less able to move oxygen around the body, and makes the blood more sticky. Smoking makes your body less able to use insulin.

## **Move More**

30 minutes of daily exercise lowers cholesterol, triglycerides, blood sugar levels and, blood pressure. Taking a 5-15 minute brisk walk, several times per day, has heart and health benefits.

## **Diabetes Management**

Heart disease is the main cause of death for people with diabetes. People with Impaired Glucose Tolerance (sometimes called pre-diabetes or borderline diabetes) are also at high risk for heart attack and stroke. Get screened for diabetes. About 6 million Americans have diabetes and don't know it.

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